

SENIOR NEWSLETTER JANUARY 2016
MUNICIPAL AGENT FOR THE AGING/SENIOR SOCIAL SERVICES
EASTON SENIOR CENTER ALISON WITHERBEE 203-268-1137
MONDAY – FRIDAY Hours: 9 AM to 2 PM
OUTREACH PAM HEALY 203 261-0289

Dear Friends,

At this time of year we reflect on the past year, count our blessings and look to the promise of a new year! It also seems to be the time when people experience SOME SORT OF PHONE SCAM!!!! I just received a phone call from a senior in town who said she got a call from what she thought was the TOWN of MONROE so she didn't think it was too suspicious, but when she picked up the call, listened to the recording it was asking if she wanted to lower her credit card bill, and if so, to press the number 9. DO NOT EVER give any personal, credit card information, or press a key unless you know that it is your bank or Credit Card Company. Call the police; call my office or the Senior Center if you receive a fraudulent call or solicitation.

My very best wishes for a safe, healthy and happy New Year!

Bereavement Support Group

One of my New Year's resolutions is to re-start and re-structure the support group I held last year for those who have lost a loved one. Two structural changes that I know will occur are the group will have a beginning and an end (i.e. four consecutive weeks) and the other is that I will have a co-leader to run the groups. I am aiming to start the first session in April and I NEED YOUR INPUT...if you are interested in joining the group I want to know what days and times work for YOU!!!! Please call me at 203-268-1137.

Fuel Assistance

Fuel Assistance applications can continue to be submitted and for those who have applied deliveries will start after November 12th. Please call my office **203-268-1137** with any questions you may have or, to make an appointment to fill out an application.

Please, call Pam Healy to arrange a visit. She is a caring listener, and has a list of caregivers, companions and resources for help within the community. Pam is an extension of Social Services serving as *Outreach* for our seniors. Pam is available to you with just a phone call **203-261-0289**.

The Commission for the Aging does not meet in January.

Happy New Year